

# Urbana Senior Center

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## August Program Highlights

### Picnic – Emmitsburg

The Emmitsburg Senior Center is hosting a picnic at Utica District Park for all the Frederick County Senior Centers. Music and Jeopardy!

Picnic lunch: shaved roast beef sandwiches, macaroni salad, pepper slaw, melon, brownie

**Date:** Friday, August 15

Sign-up by Monday, August 11

**Time:** 10:30 a.m.-1:30 p.m.

**Cost:** \$5.00 (suggested lunch contribution)

### Breakfast for Lunch & Ask Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Do I really need a flu shot every year: An explanation of how and why flu vaccines are developed."

**Date:** Thursday, August 14

Sign-up by Tuesday, August 12

**Time:** Noon

**Cost:** \$4.80 (Regular meal cost)

### Dance Exercise Program

Instructor led dance exercise featuring movements from different ethnic groups.

**Date:** Tuesdays

**Time:** 10:30 a.m. **Cost:** Free

### Bunco! Bunco! Bunco!

Enjoy an evening of Bunco! We play for fun and bragging rights! Light refreshments: birthday cake and ice cream!

**Date:** Tuesday, August 26

**Time:** 5:30 p.m. **Cost:** Free

### The Inside Scoop: Education & Ice Cream Tomatoes and Zucchini

Wondering what to do with the abundance of tomatoes and zucchini in the garden?

Leaving them on the neighbor's door step not an option? Get the *Inside Scoop* on new recipes and menu ideas for using the bounty of tomatoes, zucchini and other produce from the garden or local farmers market. A cooking demo and food tasting will include recipes for tomato ice cream and zucchini crust pizza.

All participants will receive copies of recipes.

**Date:** Tuesday, August 19

**Time:** 6:30 p.m. **Cost:** Free

### Mobile Information and Assistance (I&A)

A team from MD Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

**Date:** Thursday, August 14

Appointments are encouraged

**Time:** 11:00 a.m. **Cost:** Free

### Coming This Fall

(check the monthly schedule for details)

Yoga

Advanced Tai Chi

Book Club

Current Events Discussion Group

Whole Grains: presentation, cooking  
demo & food tasting